

A sustained release form comprising α -lipoic acid (derivatives) is described and is characterized in that it consists of (a) at least one cationogenic polymer, (b) α -lipoic acid (derivative) and (c) at least one acid different from (b). It has surprisingly been found in this connection that, besides controlled release of active ingredient over more than 8 hours and a prolonged GI transit time, there is also faster penetration of the active ingredient. Completely unexpectedly, the sustained release form of the invention is additionally associated with an increased bioavailability of α -lipoic acid and derivatives thereof.